

WIC MENU IDEAS

MILK

Tuna Bisque
Grilled Cheese Sandwich
Celery Sticks
Apple Slices
Milk/Juice

Baked Chicken
Cheesy Creamy Vegetables
Dinner Roll
Orange Slices
Milk/Juice

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MILK

WIC milk provides the calcium and vitamins A and D needed for strong bones and teeth.

Ways To Use WIC Milk

- *Make canned or homemade soups with milk instead of water.*
- *Make fruit milk shakes with canned or fresh fruit. Mix 1 banana and 1 c milk in blender or jar.*
- *Flavor milk with peanut butter. 2 T to 1 c milk, and 1-2 tsp sugar, if desired. Mix in blender or jar.*
- *Use evaporated milk in coffee, tea, on cereal, in scrambled eggs, soups or pudding.*
- *Whip milk that has been in the freezer until almost frozen for dessert topping.*
- *Try adding ¼ c dry skim milk to batter or dough (pancake, biscuit) or any recipe that calls for milk, such as soup or pudding.*

Recipes Using WIC Milk

CUSTARD PIE

4 eggs, beaten*	2½ c milk*
½ c sugar	9" unbaked pie shell
¼ tsp salt	nutmeg

Preheat oven to 475°. Mix eggs, sugar and salt. Heat milk. Stir milk into egg mixture. Pour into pie shell and sprinkle nutmeg on top. Bake for 5 minutes. Reduce oven to 425° degrees. Bake 10-15 more minutes or until knife inserted in center comes out clean. (Makes 8 servings.)

TUNA BISQUE

2½ c milk*	1 (6-7 oz) can tuna
2 cans cream of mushroom soup	

Combine milk and mushroom soup in sauce pan. Add tuna. Simmer 10 minutes until hot.

CHEESY CREAMY VEGETABLES

1 can cream of potato soup	2 cans mix vegetables, drained
¼ c cheese, grated*	2 c dry cereal, crushed to ¼ c*
¼ c milk*	1 T margarine, melted
1 tsp mustard	

Combine soup, cheese, milk and mustard in small sauce pan. Cook over medium heat until cheese melts, stirring often. In a casserole, combine soup mixture and vegetables. In a small bowl, combine cereal and margarine. Sprinkle over vegetables. Bake at 375° for 15-20 minutes.

MACARONI AND CHEESE

2 c milk*	6 slices cheese, cut up*
1 c hot cooked macaroni	

Combine milk and macaroni. Add cheese and stir over low heat until cheese melts. Do not boil. (Makes 2-3 servings.)

Consult your WIC Nutritionist for lower calorie and/or lower fat recipes.

* = WIC Food
c = cup
T = tablespoon
tsp = teaspoon